



For YOUR Health

A Health Promotions Newsletter

Volume 4, Issue 6

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Get it Checked!

In the month of June we celebrate Men's Health Month. While most men think they are healthy, it is very important to ensure they complete their annual physical checkup along with routine screening and exams to evaluate for any abnormalities.

Regular screenings for high blood pressure and high cholesterol, along with Body Mass Index (BMI) are important screening tools to evaluate a man's risk for Cardiac Disease (including heart attack and stroke). Blood Glucose screenings are important to evaluate the risk of Type 2 Diabetes. Regular screenings to check for sexually transmitted infections are also important.

There are specific medical problems that only affect men. One of those is Prostate Cancer. Prostate Cancer is the most common form of cancer

and is one of the leading causes of death in men. It may cause pain, difficulty urinating, erectile dysfunction, or other symptoms. After the age of 50, yearly checks are recommended.

Exams consist of a Digital Rectal Exam (DRE) and a blood test called a Prostate Surface Antigen (PSA).

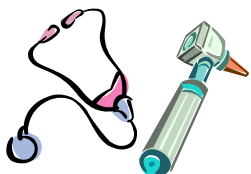
Testicular Cancer is another male-specific disease. It has a 90% cure rate and is most commonly found in males age 15-35 years old. Exams are recommended every year after the age of 15, along with monthly self-exams feeling for lumps.

Many of these screenings are covered yearly by the Military Readiness Exams that are required of the Active Duty population. But take time out this month to review your current health

status and if necessary schedule an appointment with your Primary Care Provider for a physical. Call the appointment line @ DSN: 629 6000 or Comm: 081 811 6000. Remember, being healthy does not just involve being "disease free" - it is a way of life.

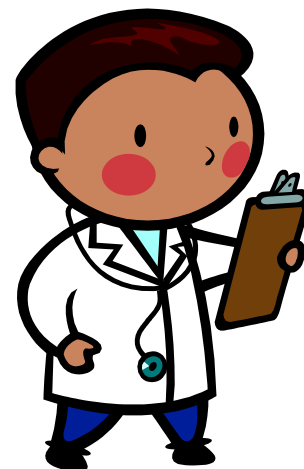
Questions?

Contact Health Promotions @
napleshealthpromotions@med.navy.mil



MEN'S HEALTH MONTH

Health Promotions has packed this issue with tons of information about Men's Health! Check out our tips for keeping the Men of our community HEALTHY!



Summer Safety

Men are at increased risk for unintentional injuries and conditions. Now that summer is here, remember these tips to protect your health and to prevent illness and injury.



- 1). Be physically active
- 2). Eat healthy and safe foods.
- 3). Drink plenty of water.
- 4). Wear sunscreen.
- 5). Buckle up and be safe while driving.
- 6). Wear your helmet.
- 7). Be safe on the water.



PROSTATE CANCER

What is the prostate?

The prostate is a muscular, walnut sized gland that is part of the male reproductive system. It is located directly beneath the bladder and in front of the rectum.

Prostate Cancer is a malignant tumor that usually begins in the outer part of the prostate. In most cases, the tumor grows very slowly. In fact, many men with Prostate Cancer will never know they had the condition (in its early stages).

Risk factors for Prostate Cancer include a family history, age (>50 years old), race, and diet. Symptoms caused by Prostate Cancer include frequent and/or

painful urination, increased urination at night, blood in the urine, and difficulty starting or maintaining a steady stream of urine.

The American Cancer Society recommends yearly screenings in males beginning at the age of 50 and at the age of 40 for African American men and men with a family history of Prostate Cancer. Prostate Cancer is diagnosed through screening exams—digital rectal exam (DRE) and a blood test called a Prostate Surface Antigen (PSA).

Treatment for Prostate Cancer can involve surgery, radiation, hormonal therapy, sometimes chemotherapy,

So what can you do to reduce your risk of Prostate Cancer?

Get regular exercise and maintain your optimal weight. Limit your intake of high fat foods. Eat five or more servings of fruits and veggies each day. Also be sure to participate in yearly screenings after the age of 50.

Early detection is the key to health and positive outcomes! So visit your provider and discuss your screening options today!

Source: American Cancer Society



Prevent Cardiac Disease!

Cardiac disease is the #1 killer of men in the United States. According to the Department of Health and Human Services (HHS), one in three men can expect to develop some major cardiovascular disease before the age of 60.

While genetics plays a major role as a risk factor for heart disease, there are risk factors that are lifestyle choices. Small changes to your everyday activities can have a huge impact on the length of your life.

Maintain a healthy weight:

Being overweight or obese places a significant strain on your heart. Need help losing weight? Check out the Ship Shape class.

Diet: Eat a balanced diet—include 5-9 servings of fruits and veggies and limit high fat and processed foods.

Exercise: Strive for 5 days of aerobic, heart rate raising activity for at least 30 minutes each week. Try new ways to burn calories—take the stairs or walk to speak to someone instead of sending an email.

Follow the Dr.'s orders: Be sure to complete recommended screenings for blood sugar and cholesterol.

Temper: Emotional outbursts can increase blood pressure, heart rate, and adrenalin levels. Keep your cool.

Check out the Stress Management Classes offered by the Fleet and Family Support Center.

Smoking: Increases your blood pressure, decreases your ability to exercise, and increases the tendency for blood clots to form. Quit smoking today! Contact Health Promotions to find a class that fits for you!

If you have questions about cardiovascular disease see your provider. Be sure to discuss family history of cardiac disease with your provider. He/She will be able to tailor a cardiovascular monitoring plan that helps you!

TESTICULAR CANCER

What do cyclist Lance Armstrong, comedian/actor Tom Green, Senator Frank Church, Baseball player Mike Lowell and Figure Skater Scott Hamilton have in common?

They are all survivors of Testicular Cancer.

Testicular Cancer is cancer that develops in the testicles—the part of the male reproductive system that produce and store sperm and well as serve as a source for the major male hormones that control the reproductive organs and other male characteristics. It is one of the most common cancers in men ages 15-35 years old. In the United States, approximately 8,000 diagnoses are made each year. While it is one of the

most common cancer diagnoses, it also has one of the highest cure rates of all cancers—approximately 90% as long as it has not metastasized.

Symptoms of Testicular Cancer include one or more of the following: a lump or hardening of one of the testicles, ridges in the testicles—making it feel hard and bumpy, numbness or pain in the testicles, loss of sexual activity, significant increase or decrease in the size of one testicle, or blood in the semen.

Risk factors for Testicular Cancer include history of cryptorchidism, inguinal hernia, mumps orchitis, sedentary lifestyle, lack of physical activity, and early onset of male characteristics.

Testicular Cancer is diagnosed by the finding of a mass in the testis with

subsequent scrotal ultrasound, and blood tests.

Treatments include surgery, removal of the affected testis or lymph nodes, radiation therapy, and/or chemotherapy.

Most testicular cancers are found by men themselves, by accident or while doing a monthly testicular self-exam. If you feel a lump it is very important to make an appointment with your primary care provider for an exam.

Remember, early detection is key!

Source: Centers for Disease Control

17% of men are alcohol dependent.

How to Conduct a Testicular Self Exam

(the best place to conduct this exam is in the shower)

- 1). Hold the scrotum in the palms of your hands and use your fingers and thumbs to feel your testicles.
- 2). Gently feel each one by rolling it between your thumb and forefingers. Then press each gently feeling for any lumps.
- 3). Check to see that each one is smooth, with no lumps or swelling, looking for any irregularities, enlargements, or changes in firmness.
- 4). If you find a lump, swelling, or change in your testicles, schedule an appointment to see your primary care provider.

Bear in mind that most swelling and lumps are not cancer. They may be benign cysts or fatty tissue. However, you should see your provider if you find a lump.

Remember, 95 % of diagnosed cases are cured. If you are worried about anything you find during a self examination, the sooner you get it checked, the better.

Testicular Cancer accounts for approximately 1% of all cancers in men, but it is the #1 cancer killer of men in their 20's and 30's.

Performing Testicular Self Exams on a monthly basis will help you to become familiar with the size and feeling of your testicles and can help you detect any changes if they occur.

Importance of Weight Management

According to the Center for Disease Control, obesity is the second leading cause of preventable death in the U.S. Approximately 127 million adults in the U.S. are overweight and 60 million are obese. This further breaks down to approximately 63% of men and 47% of women being overweight while 19% of men and 19.5% of women are obese. The numbers continue to increase significantly each year.

The diagnosis of “overweight” or “obese” is determined by a Body Mass Index (BMI) of 25 or greater and 30 or more, respectively. BMI

is a measure of body weight relative to height.

Being overweight or obese increases your risk of illness for approximately 30 serious medical conditions—including cardiovascular issues, diabetes, cancers, and impaired mobility.

If you are overweight or obese there are ways to get help! The American Obesity Association recommends a combination of diet, exercise, and behavior modification. You can take the first steps to losing weight all by yourself! Head outside for a walk each day, eat the healthy lunch

instead of the fast food, or trade the soda in for a bottle of water.

At USNH Naples, the Health Promotions Department offers SHIP SHAPE—a weight loss/ maintenance class that helps its participants establish a routine for a healthy lifestyle grounded in healthy eating and physical fitness.

The hospital also has a Registered Dietician on staff to assist you in planning healthy meals and to educate you on healthy eating habits.

Contact Health Promotions
for more information!

Men and Alcohol Use

Studies from the Centers for Disease Control state that “men are more likely than women to drink excessively.” Excessive drinking is linked to increased risks to health and safety. “Excessive drinking” is defined as heavy drinking (2 or more drinks a day) and or binge drinking (5 or more drinks in a sitting).

Excessive alcohol use can have detrimental effects in relationships, especially with in the family and in the workplace. It can also led to loss of productivity or even unemployment.

Excessive alcohol use can interfere with sexual function—including impotence, infertility, and reduction of secondary sex characteristics. In addition, excessive alcohol use is commonly involved in sexual assault. The impaired judgment caused by alcohol can affect some men by causing them to mistake a women’s friendly behavior for sexual interest.

Incidences of cancer of the mouth, throat, esophagus, and liver are noted to be increased in men who drink excessively.

USNH Naples provides assistance for alcohol related problems. Contact **SARP** or **Health Promotions** for assistance.

Source: Center for Disease Control



Men’s Health Check-up

- 1). Have you visited your provider for a checkup in the past 3 years?
- 2). Have you spoken to your provider about prostate health?
- 3). Have you spoken to you provider about bowel health?
- 4). Have you had your cholesterol measured in the past 2 years?
- 5). Have you had your blood pressure measured in the past year?
- 6). Have you had your blood sugar levels measured in the last 2 years?
- 8). Are you a smoker?
- 9). Do you exercise for at least 30 minutes most days of the week?
- 10). Have you had your skin checked for cancerous moles in the last year?
- 11). Do you eat less than 5 servings of fruits and veggies each day?
- 12). Do you feel depressed often?

DID YOU KNOW???

Leading Causes of Death Among Males

1). Heart Disease	27.2%
2). Cancer	24.3%
3). Unintentional Injuries	6.1%
4). Stroke	5.0%
5). Respiratory Diseases	5.0%
6). Diabetes	3.0%
7). Flu & Pneumonia	2.3%
8). Suicide	2.2%
9). Kidney Disease	7.7%
10). Alzheimer's Disease	1.6%

In 2002 340,933 men in the United States died from Cardiac Disease.

In 2005 almost 3/4 of the new HIV/AIDS diagnoses were male adolescents and adults.

Smoking causes 90% of lung cancer in men.

Decreasing your cholesterol by 10% can decrease your risk of developing heart disease by approximately 30%.

Alcohol is involved in almost 1/2 of all male accidents, homicides, and suicides.

70-89% of sudden cardiac arrests occur in men.

1/3 of males drink alcohol once a week or more.

Don't become one of these statistics! Take the opportunity now to get healthy! Visit your provider for your physical, screenings, and health education today!



Contact us to sign up for one of our classes!

Comm: 081-811-6315/6445

DSN: 629-6315/6445

E-mail:

napleshealthpromotions@med.navy.mil

Check out our Website!
www.naples.med.navy.mil

And click on
Health Promotions

SPOUSE Fit



Call to sign up for our next 10-week session

UP COMING EVENTS

Tobacco Cessation-Walk-In

Breastfeeding Class 6/13 0900-1200

2nd Trimester Class 6/6 090-1200

3rd Trimester Class 6/20 0900-1200

Infant CPR Class 6/20 1300-1600

TEEN CLINIC-- 6/8-10 0800-1200

Ship Shape-Class starts 7/11 (see below)

Expectant Father Class 6/17 0900-1200

Spouse Fit-Sign-Up for our next session!!

Meditation-Monday's at 1900

SPORTS PHYSICALS @ NAHS



June 8th, 9th & 10th

0800-1200

Contact the High School Nurse

@ 629 4010 to schedule an appointment!

Recenter
and
Reclaim Yourself
with Meditation



Every Monday @ 1900 in the Support Site Side Chapel.

Please come at 1830 if it is your first session.



SHIP SHAPE

Sign Up For Our

Weight Management Program

This 8 session class meets for one hour each week. We will review the basics of weight loss and management as well as help you establish a basis for a healthy lifestyle—grounded in healthy eating and physical fitness.

Two classes start July 11th and will be held at 1200-1300 and 1500-1600

Call Health Promotion to Pre-Register & Bring a friend!



Decisions,
decisions....

Would you like to go on a tour of the Commissary with our Red Cross Dietician?

Call Health Promotions for more information.

Frequently Called USNH Numbers

Central Appointments	629 6000
Emergency Room	629 6150
Family Practice	629 6271
General Surgery	629 6400
Internal Medicine	629 6291
OB/GYN	629 6404
Ophthalmology	629 6386
Orthopedics	629 6388
Pediatrics	629 6242
Pharmacy	629 6225
Physical Therapy	629 6183

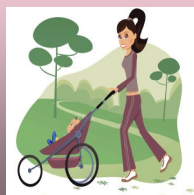


QUIT TOBACCO.

make everyone proud

www.ucanquit2.org

"Get Your Stroller On!"



This free Stroller-Based Fitness class is provided for Moms, Dads & Tots in the Naples area through a partnership with MWR. The class meets at the Youth Center every Thursday @ 0930. FMI call Bethany @ 6290-7387



To QUIT Tobacco

Whether you smoke, chew or dip we can help. Stop by or call Health Promotions today to join the millions of Americans quitting tobacco this year!!